



Ingatestone 5

Sunday 20th September

Some very pleasant running conditions greeted a field of 121 runners who lined up for the 31st running of the iconic Ingatestone 5 Road race last Sunday. The race was founded by Ilford AC legend Howard Williams back in the 1980's and the Club recognised his legacy by providing a turnout of 10 runners as well as the Officials team who assisted the Ingatestone Boys Club in this annual charity event.

Sam Rahman brought the Ilford men home in a time of 28.59 in 6th place with Steve Philcox, 7th in 29.03 and Neil Crisp 19th in 30.44 closing the team to 3rd place. Bradley Brown was 42nd in 34.57 and Ernie Forsyth 83rd clocking 41.36.

The Ilford Ladies placed 4th with Bree Nordin 46th in 35.52, Mel Jones 49th in 36.00, and Doris Gaga closing in 80th with 40.55. Carol Muir, 106th in 48.03 and Julie Gillender 109th in 53.59 provided good support. There were veteran prizes for Mel Jones and Bree Nordin, winners of the FV45 and FV55 veteran categories respectively.

Thomas Beedell of Woodford Green headed a class field clocking 26.44 with Mark Newton of Springfield Striders 2nd and Crispian Bloomfield Billericay 3rd.

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Belfairs Wood 5 miles

Sunday 20th September

Nursing a very serious injury to his right Gluteus Maximus muscle sustained two weeks ago at the Wissey Half Marathon which has prevented him from any proper training, Ilford stalwart Terry Knightley managed to run/jog the second ever Belfairs Woods Five Miles Race at Leigh on Sea.

Over an incredibly hilly cross country course including some thick mud in places, Knightley managed to finish in 40th position from a field of two hundred in approximately forty minutes.